



## Parent Meeting

### Agenda

May 1, 2018

Welcome and Introductions

Forms

Schedules

Communication

Swimmer and Parent Responsibilities

Volunteering

Signing Up for Meets, Jobs and Donations

Suits and Apparel

Questions

## **Parent Board**

President: Jamie Schneider  
jamieschneider23@yahoo.com  
717-669-7944

Vice President: Tara Griest  
griestfamily@gmail.com

Treasurer: Susan Cohen  
smcohen07@gmail.com

Secretary: Amanda Good  
amanda4good@gmail.com

Webmaster: Stacy Rally  
therallyfive@gmail.com

## **Coaching Staff**

Head Coach: Ryan Gunn  
ryan.gunn1993@gmail.com  
610-334-2864

Assistant Coach: Gloria Boronow  
gloriaboronow@gmail.com  
717-466-8356

## Forms

Each swimmer is required to fill out, sign and hand in the following forms:

Medical Waiver

Medical Information

Code of Conduct

Forms are due by the first week of practice.

## Schedules

All practices and home meets will be conducted at the Reamstown Pool, 68 Ream Road, Stevens, PA 17578. Coaches will notify your swimmer of their assigned group prior to the start of morning practices.

Meets begin promptly at 6:15. Swimmers should be prepared to arrive at the pool by 5:15 (home meets) and 5:30 (away meets) for warm-ups.

### 2018 Practice Schedule

5/21-5/25	All swimmers	Monday-Friday	4:00-5:00	Dryland only: Bring sneakers and a water bottle
5/29-6/8	All swimmers	Monday-Friday	4:00-6:00	Pool workouts begin
6/11-7/20	Gold Group	Monday Wednesday	8:30-10:30	Dryland practice from 8:30-9:00 Bring sneakers
		Tuesday Thursday Friday	9:00-10:30	
	Silver Group	Monday Wednesday	10:30-12:00	Dryland practice from 10:30-11:00 Bring sneakers
		Tuesday Thursday Friday	11:00-12:00	

There will be no practice on Memorial and Independence Days.

## 2018 Meet and Event Schedule

Sun 6/3		Stroke & Turn Clinic	6 pm at the Eden Resort Please see a board member if you are interested in attending
Tue 6/12	Home	Intrasquad	Reamstown Pool
Tue 6/19	Home	Denver	Denver Pool 400 Monroe St, Denver 17517
Thu 6/21	Away	Bent Creek Country Club	BCCC Pool 620 Bent Creek Dr, Lititz 17543
*Sat 6/23	Away	Conestoga Valley Invitational	Leola Community Pool 23 East Main St, Leola 17540
Tue 6/26	Home	Manheim	Reamstown Pool
Thu 6/28	Away	SECA	SECA Pool 299 Park Ave, Quarryville 17566
*Sat 6/30	Away	Lititz Springs Invitational	Lititz Springs Pool 401 Maple St, Lititz 17543
Tue 7/10	Home	Conestoga	Reamstown Pool
*Sat 7/14	Away	Manheim Fast & Furious Invitational	Manheim Community Pool 504 East Adele Ave, Manheim 17545
Tue 7/17	Away	East Petersburg	East Petersburg Community Pool 2575 Graystone Rd, East Petersburg 17520
Sat 7/21	Away	LSSL Division 3 Championships	East Petersburg Community Pool 2575 Graystone Rd, East Petersburg 17520
Tue 7/24	Home	Team Picnic	Reamstown Pool
**Fri 7/27- Sat 7/28	Away	LSSL All-League Meet	Manheim Community Pool 504 East Adele Ave, Manheim 17545

\* Invitationals are optional

\*\* Must meet qualifying standards to participate. Please see our website for required times.

## **Communication**

**Website:** Go to [www.ecdolphins.com](http://www.ecdolphins.com) for directions, volunteer sign ups, team calendar and other important information.

**Team Mailbox:** The mailbox can be found on the front desk of the pool throughout practice. Look in your swimmers' folder for meet ribbons and awards. Folders for both coaches and all board members are available for any correspondence.

**Remind System:** ECST uses the Remind system to notify parents and guardians of cancellations due to weather and any other emergencies. Notifications can be received either by email or text. Please see the handout instructions on how to join.

**Facebook:** Keep up to date with ECST at [facebook.com/ecdolphins](https://facebook.com/ecdolphins).

## **Swimmer and Parent Responsibilities**

Whenever and wherever a swimmer wears any item of the team uniform the individual should remember that his/her actions and words reflect on the team they represent and they should behave accordingly. Let your actions reflect the pride you have in the East Cocalico Swim Team!!

As a matter of courtesy to the officials and meet hosts, parents must stay off the deck and competition venue unless they are competing or serving in an official capacity. Parents may sit beside the deck to cheer swimmers and offer encouragement.

All questions swimmers or parents may have concerning meet results, an officiating call, or the conduct of a meet should be referred to the coaching staff only. If appropriate, the coach will pursue the matter through the proper channels.

Please leave the pool area in a neat and clean condition at the conclusion of the meet. It is not the responsibility of the coaches or lifeguarding staff.

Only a coach may approach the scoring table to make inquiries about the meet or score.

## **Volunteering**

It takes a lot of help to run a swim meet. The board kindly asks that parents volunteer when they can. Volunteer job descriptions and sign ups are available on our website: [www.ecdolphins.com](http://www.ecdolphins.com). For anyone that is interested in attending the Stroke and Turn Clinic to volunteer as a stroke and turn judge, please contact Susan Cohen ([smcohen07@gmail.com](mailto:smcohen07@gmail.com)). The clinic will be held Sunday June 3<sup>rd</sup> at 6 pm at the Eden Resort.

## **Signing Up for Meets, Jobs and Donations**

It is important to let our coaches know if your swimmer will or will not be attending each meet. Instructions for declaring participation online are included in your packet. You will use this same method to sign up for volunteer jobs and donations to our snack stand.

## **Suits and Apparel**

**Suits:** This season ECST's meet suits will be the *Dolphin Poly Fusion* in Blue. Suits are available to try on for sizing. If you decide not to purchase the team suit for meets, your swimmer may wear a solid navy blue, royal blue or black suit of their choosing. Swimmers may wear any suit they want for practice.

**Caps:** Swim caps are not required during meets or practices. If a cap is worn during a meet, it must be a solid color or one with an ECST logo.

**Spiritwear:** Spiritwear can be ordered online at [tbsonlinestore.com](http://tbsonlinestore.com).

**Deadline for suits, caps and spiritwear is Friday May 11<sup>th</sup>.**